

# Llwybrau Treherbert Treherbert Routes



## Llwybrau i Lesiant Paths to Wellbeing pathstowellbeing.ramblers.org.uk

**Ramblers Cymru**  
Fel elusen gerdded arweinoli Cymru, mae Ramblers Cymru wedi ymroi i helpu pawb, ym mhob man, i fwynhau cerdded a diogelu y llyfdd rydyn ni i gyd wrth ein bodd yn cerdded.  
Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llyfdd rydyn ni i gyd yn mwynhau cerdded a gwella'r amgylchedd wrth greu Cymru wyrddach a mwy hygrych i bawb.

As Wales's leading walking charity, Ramblers Cymru is dedicated to helping everyone, everywhere, enjoy walking and protecting the places we all love to walk. Our mission is to put walking at the heart of every community, protect the places we all enjoy walking and improve the environment while creating a greener and more accessible Wales for everyone.

**Contact us | Cysylltwch â ni**  
3 Coopers Yard, Curran Road, Cardiff, CF10 5NB  
020 3961 3310 | RamblersCymru@ramblers.org.uk  
ramblers.org.uk/wales

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## Llwybrau i Lesiant

### Rhoi cerdded wrth galon cymunedau

**Gwella mynediad i natur yng Nghymru**  
Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn enghraifft wych o sut mae'r Ramblers yn agor y ffordd i bawb fwynhau pleserau syml cerdded ym myd natur. Mae'r prosiect yn rhoi cerdded wrth galon 18 o gymunedau ledled Cymru drwy roi'r offer a'r hyfforddiant iddynt wella natur a mynediad at gerdded yn eu hardaloedd lleol.  
Rydym wedi rhoi'r offer a'r hyfforddiant rhad ac am ddim sydd eu hangen ar y cymunedau dethol i nodi a dylunio llwybrau cerdded newydd ac i wella llwybrau cyfredol.  
Ynghyd â 22 o awdurdodau lleol, Ymddiriedolaethau Bywyd Gwylt Cymru a Coed Cadw, rydym hefyd wedi bod yn gwella'r amgylchedd lleol er mwyn

**Dan arweiniad y gymuned, i'r gymuned**  
Mae Ramblers Cymru yn credu, trwy weithio ochr yn ochr â chymunedau i ymgysylltu â'u rhwydwaith llwybrau lleol a manau gwyrdd, gyda'n gilydd gallwn greu cyfleoedd cerdded cynaliadwy i bawb. Yn y pen draw, bydd hyn yn cysylltu pobl â manteision iechyd a lles natur a cherdded.  
Rydym yn gweithio gyda gwirfoddolwyr lleol ac aelodau'r gymuned i gyflawni eu hanghenion cymunedol. Bydd y rhai sy'n cymryd rhan yn y prosiect yn ennill sgiliau newydd gyda chymorth ac arweiniad arbenigol gan Ramblers Cymru a'n partneriaid.



## Paths to Wellbeing

### Putting walking at the heart of communities

**Improving access to nature in Wales**  
Ramblers Cymru's Paths to Wellbeing project is a great example of how the Ramblers open the way for everyone to enjoy the simple pleasures of walking in nature. The project puts walking at the heart of 18 communities across Wales by giving them the tools and training to improve nature and access to walking in their local areas.  
We have provided the selected communities the tools and training needed to identify, design and improve new and existing walking routes.  
Together with 22 local authorities, Wildlife Trusts Wales and Coed Cadw, the Woodland Trust in Wales, we have also been enhancing the local environment for nature to thrive. With activities

such as tree planting, wildflower sowing and wildlife activity days, providing plenty of activities for those of all ages and backgrounds.  
**Led by the community, for the community**  
Ramblers Cymru believes that by working alongside communities to engage with their local path network and green spaces, together we can create sustainable walking opportunities for all. Ultimately this will connect people to the health and wellbeing benefits of nature and walking.  
We are working with local volunteers and community members to deliver their community needs. Those taking part will gain new skills with expert support and guidance from Ramblers Cymru and our partners.



Dilynwch y nodwr llwybr hon pan allan yn cerdded ar unrhyw un o'r llwybrau yma.  
I gael disgrifiadau llwybr manwl, ffeiliau GPX a llwybrau cymunedol ychwanegol, ewch i [pathstowellbeing.ramblers.org.uk](http://pathstowellbeing.ramblers.org.uk)

Gall llwybrau gael eu heffeithio gan, rhwystrau, fod ar gau a dargyfeiriadau. Os nad ydych chi'n gallu parhau â'ch taith gerdded, ceisiwch ddod o hyd i lwybr arall neu ewch yn ôl ar eich camau. Rhowch wybod am unrhyw faterion i'ch awdurdod lleol.

Ap Ail-lenwi ar gael, cadwch olwg am y logo yn y siopau a'r caffis.



Follow this waymark when out walking on any of the included routes.  
For detailed route descriptions, GPX files and additional community routes, please visit [pathstowellbeing.ramblers.org.uk](http://pathstowellbeing.ramblers.org.uk)

Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk, please try to find an alternate route or retrace your steps. Report any issues to your local authority.

Refill App available, look out for the logo in the shops and cafes.

**The Countryside Code**  
RESPECT • PROTECT • ENJOY

Wrth fwynhau'r teithiau cerdded hyn, cadwch at y Cod Cefn Gwlad.

**Parchwch bawb**

- Ystyriwch y gymuned leol a phobl eraill yn mwynhau'r awyr agored.
- Gadewch gatau ac eiddo fel y dewch o hyd iddynt a dilynwch y llwybrau oni bai bod mynediad lletach ar gael.

**Gwarchod yr amgylchedd**

- Peidiwch â gadael unrhyw olion o'ch ymweliad ac ewch â'ch sbwriel adref.
- Cadw cŵn o dan reolaeth effeithiol ac o fewn golwg. Gwnewch yn siŵr ei roi mewn bag a'i roi yn y bin.

**Mwynhewch yr awyr agored**

- Cynlluniwch ymlaen llaw a byddwch yn barod, gan ddilyn cyngor ac unrhyw arwyddion lleol.
- Mwynhewch eich ymweliad, mwynhewch, gwnewch atgof.

**adventuresmart.uk**  
**#MentranGall**  
Gofynnwch 3 chwestiwn i'ch hunan cyn i chi gychwyn:  
Ydw i'n gwybod sut fydd y TYWYDD?  
Oes gen i'r OFFER cywir?  
Ydw i'n hyderus fod gen i'r WYBODAETH A'R SGILIAU ar gyfer y diwrnod?

**The Countryside Code**  
RESPECT • PROTECT • ENJOY

Whilst enjoying these walks please abide by The Countryside Code.

**Respect everyone**

- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths, unless wider access is available.

**Protect the environment**

- Leave no trace of your visit and take your litter home.
- Keep dogs under effective control and in sight. Make sure to bag it and bin it.

**Enjoy the outdoors**

- Plan ahead and be prepared, following advice and any local signs.
- Enjoy your visit, have fun, make a memory.

**ADVENTURE SMART.UK**

**adventuresmart.uk**  
**#BeAdventureSmart**  
Ask yourself 3 questions before you set off:  
Do I have the right GEAR?  
Do I know what the WEATHER will be like?  
Am I confident I have the KNOWLEDGE & SKILLS for the day?

**Treherbert**  
Gweler y cefn i ddarganfod ein llwybrau cymunedol..

**Treherbert**  
Pentref a chymuned ym mhen cwm Rhondda Fawr ym mwrdeistref sirol Rhondda Cynon Taf, yw Treherbert. Yn hanesyddol mae Treherbert yn rhan o Forgannwg, ac yn hen bentref glofaol diwydiannol oedd yn ei anterth economaidd rhwng 1850 a 1920. Treherbert yw cymuned uchaf y Rhondda Fawr ac mae'n cynnwys ardaloedd Blaencwm, Blaenrhondda, Tynewydd a Phen-yr-englyn.  
Ceir tystiolaeth o aneddiadau yn y Rhondda yn dyddio'n ôl i'r cyfnod Celtaidd. Cyn y Chwyldro Diwydiannol a dyfodiad y cloddio am lo, roedd nifer o ffermydd gwledig anghysbell a thai gwasgaredig ym mhentrefi Treherbert, Tynewydd, Blaenrhondda a Blaencwm. Ym 1841, dim ond 218 o bobl oedd yn byw ym 'Mhentrefan Canol Treherbert'; roedd hyn wedi codi i 1,203 erbyn 1861.  
Mae Treherbert yn cynnig amrywiaeth eang o gyfleoedd cerdded ac awyr agored, yn amrywio o olygfeydd i lawr ar y cymoedd, manau dŵr lleol, i archwilio coetiroedd. Mae hanes diwydiannol lleol i'w ganfod ar draws yr ardal ynghyd â stryd fawr groesawgar gyda thafarndai a chaffis.

**Treherbert**  
See reverse to discover our community routes...

**Treherbert**  
Treherbert is a village and community situated at the head of the Rhondda Fawr valley in the county borough of Rhondda Cynon Taf, Wales. Historically part of Glamorgan, Treherbert is a former industrial coal mining village which was at its economic peak between 1850 and 1920. Treherbert is the uppermost community of the Rhondda Fawr and encompasses the districts of Blaencwm, Blaenrhondda, Tynewydd and Pen-yr-englyn.  
There is evidence of settlements in the Rhondda dating back to Celtic time. Prior to the Industrial Revolution and the advent of coal mining the villages of Treherbert, Tynewydd, Blaenrhondda and Blaencwm consisted of a number of isolated rural farms and scattered homesteads. In 1841 there were only 218 people residing in the 'Middle hamlet of Treherbert', which had risen to 1,203 by 1861.  
Treherbert offers a wide range of walking and outdoor opportunities, ranging from high level valley views, local water spots, to woodland exploring. There is local industrial history to be found across the area along with a welcoming high street with pubs and cafes.

### Allwedd / Key

- |          |  |  |
|----------|--|--|
| <b>1</b> | <b>Park and Pixie Bridge Loop 2.0 km</b>       | Paratowch eich welingtons, bydd yna sblashys yma!<br>Ready your wellies, this could make a splash!   |
| <b>2</b> | <b>Fernhill Cottages and Waterfalls 9.2 km</b> | Archwilio hanes yn y cwm gyda rhaeadr hardd.<br>Exploring history in the valley with a beautiful waterfall.  |
| <b>3</b> | <b>Forest Walk 2.6 km</b>                      | Edmygwch llongydwch coedwig y cwm.<br>Admire the tranquillity of the valley forest.  |
| <b>4</b> | <b>Cwm Saerbren Woods 3.0 km</b>               | Ewch am dro trwy goedwig ddirgel Cwm Saerbren.<br>Take a walk through the mysterious woods of Cwm Saerbren.  |
| <b>5</b> | <b>The Letterbox 3.9 km</b>                    | Gyda golygfa anhygoel ar Dreorci, gallwch weld natur yn hawlio'r dirwedd yn ei hôl.<br>With an amazing view of Treorchi, see nature taking back the landscape. |
| <b>6</b> | <b>Fforch Orci Pools 6.1 km</b>                | Crwydro trwy'r coetir gan gerdded i lawr am gryn amser cyn edmygu'r pyllau tawel.<br>Woodland wandering with a long ascent before admiring the tranquil pools. |
| <b>7</b> | <b>Fairy Pools and waterfalls 3.4 km</b>       | Archwiliwch y rhaeadrau hudol a'r pyllau tylwyth teg.<br>Exploring the magical waterfalls and fairy pools.   |
| <b>8</b> | <b>Pen Pych 7.1 km</b>                         | Golygfa syfrdanol ar y cwm, mae'n werth cerdded yr holl ffordd.<br>A stunning view of the valley, well worth the hike.   |

OS Map Coverage: 166



Golygfeydd gwych i lawr Cwm Rhondda.  
Fine views down the Rhondda Valley.



Archwilio coetiroedd.  
Woodland exploring.



Golygfeydd ar y dyffryn.  
Valley views.



Pyllau Fforch Orci.  
Fforch Orci Pools.



Y Pyllau Tylwyth Teg.  
The Fairy Pools.



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### Cyrraedd yma | Getting here

Mae gan Dreherbert orsaf drenau sy'n arhosfan olaf ar reilffordd y Rhondda, ac yn rhedeg o Gaerdydd. Caiff ei wasanaethu gan wasanaeth bws rheolaidd ac mae ar yr A4601, gyda chysylltiadau hawdd â'r A465. Mae modd parcio ar y stryd leol a ger yr orsaf drenau.

Treherbert has a train station which is the last stop on the Rhondda line running from Cardiff. It is serviced with a regular bus service and sits on the A4601 with easy links to the A465. There is local street parking available and parking near the train station.

